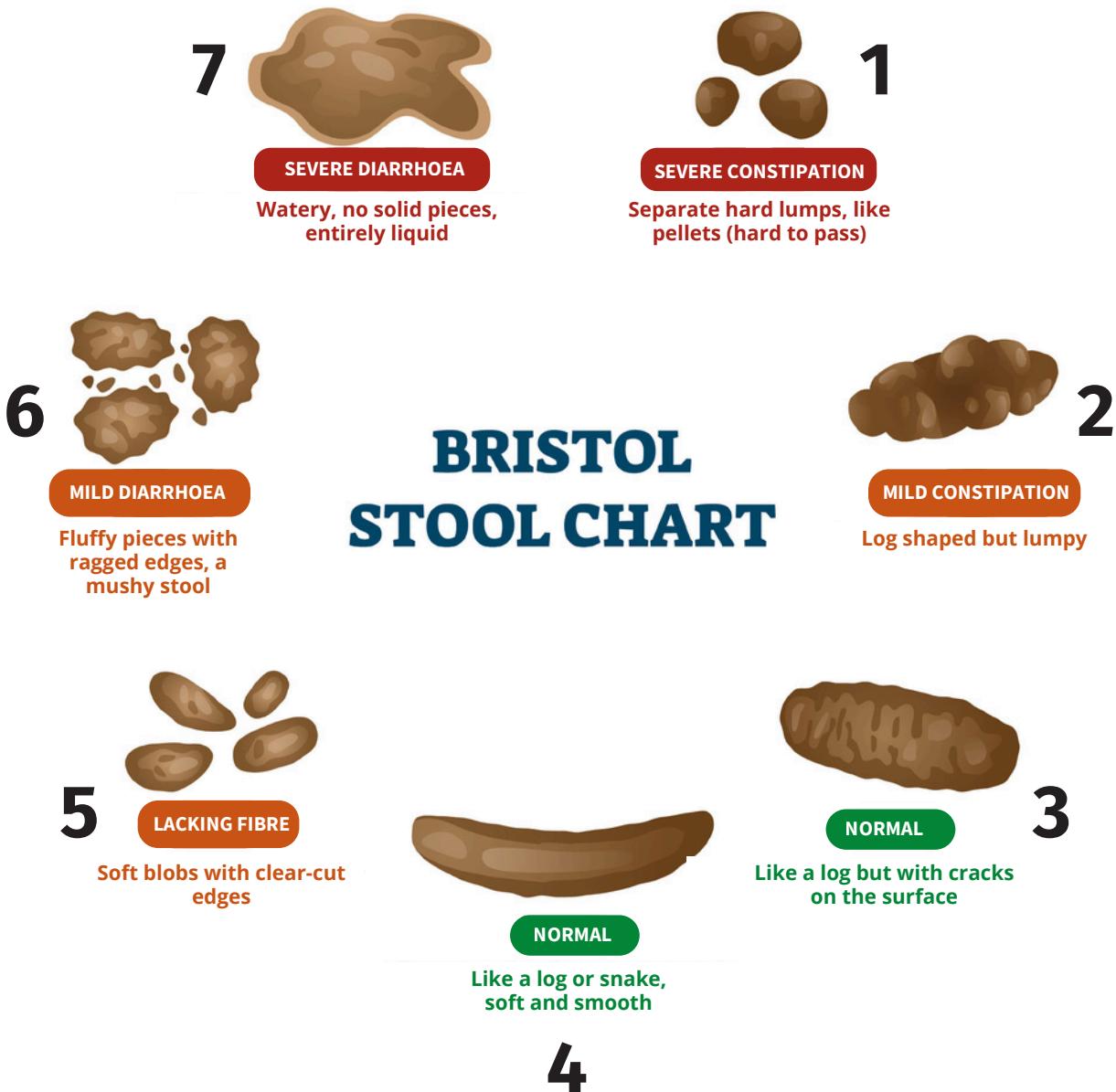


# What's Your Number?

See if your bowel is healthy by checking the Bristol Stool Chart.  
You should be aiming for #3 or #4.



If you are not seeing #3 or #4 when you flush, give us a call and we can talk about your bowel health.

continence NZ  
0800 650 659